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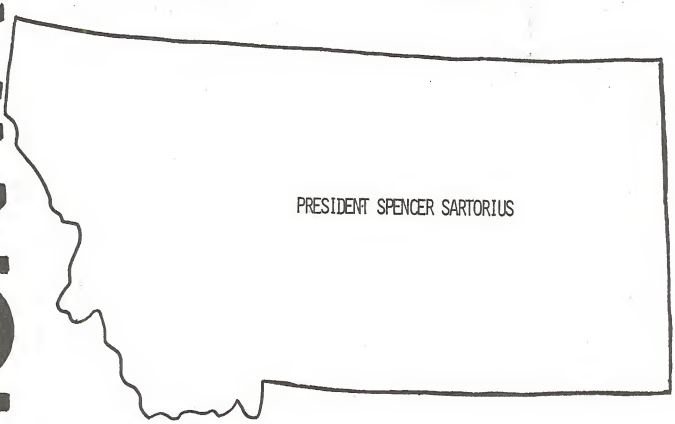

MARCH 1-7, 1981 NATIONAL PHYSICAL EDUCATION AND SPORT WEEK

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MONTANA ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, RECREATION AND DANCE
EXECUTIVE BOARD
1980-81

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President-Elect	Emilee DeKam	Physical Education Department Helena Junior High School 1025 North Rodney Helena, Montana 59601 (442-5720)
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Chairperson Health & Safety	Eileen Solberg	Great Falls High School 1900 Second Avenue South Great Falls, Montana 59402 (791-2167)
Chairperson Recreation	Curt Shirer	HPER Department Montana State University Bozeman, Montana 59717 (994-4001)
Supervisor of Health, Physical Education -- Publications Representative and Newsletter Editor	Spencer Sartorius	Office of Public Instruction Helena, Montana 59601 (449-2500)
PEPI	Roger DiBrito	Physical Education Department Missoula School District #1 Missoula, Montana 59801 (728-4000)
Chairperson Athletics	Jude Gleason	Capital High School 100 Valley Drive Helena, Montana 59601 (442-8600)

MAHPERD EXECUTIVE BOARD (continued)
1980-81

POSITION	NAME	SCHOOL/PHONE
Historian	Frank Reich	Supervisor, Physical Education Missoula School District #1 Missoula, Montana 59801 (728-4000)
Student Representative Advisor	Gary Evans	Department HPER Montana State University Bozeman, Montana 59717 (994-4001)
Chairperson Physical Education	Bill Asay	City of Billings Recreation Department Billings, Montana 59101 (248-7511 Ext. 376)
Treasurer	Helen Chrest	Helena High School 1300 Billings Avenue Helena, Montana 59601 (442-7379)

PRESIDENT'S MESSAGE.....I hope this finds all of you doing well after the Christmas Holiday. It is all downhill for the rest of the school year. Wrestling, basketball, gymnastics and swimming will soon be over and track, golf and tennis will be here. Yes, it will be over before we know it. We also have the National AAHPERD Convention April 13-17 in Boston and Northwest District March 27-28 in Seattle.

This is the time of year we start making plans for the summer and for the next school year. It's a time we think of making changes. Changes will occur at the State level, also. The Board of Public Education is looking at the Accreditation Standards for Montana Schools and there may be some changes that affect health and physical education. One proposed change was to count athletics as the physical education requirement. MAHPERD has gone on record as opposing this change.

Another change at the State level is a new Superintendent of Public Instruction. In November, Mr. Argenbright defeated Georgia Rice for the Superintendent's job. Mr. Argenbright, former student basketball player for the University of Montana Grizzlies, has coached in Montana and was a Superintendent at Big Timber when elected to State Superintendent.

One thing you should start making plans for now is the State MAHPERD Convention which will be held October 15-17, 1981 at Camp on the Boulder, South of Big Timber. The Executive Board is working on the program now and it will be put together this Spring. If any of you have program ideas, contact anyone on the Executive Board and give them your ideas. Those of you that went to the convention the last time it was on the Boulder remember what a great time it was and the rest of you will also want to have that experience. More information on schedule, cost, location, etc. will be sent out as soon as school starts in the fall.

Best wishes for the remainder of the school year.

Spence

PEPI NEWS BY ROGER DIBRITO

National Physical Education and Sport Week is March 1-7, 1981. This is your best opportunity and professional obligation to get information to the public. We, the physical educators, must demonstrate the difference between recess and physical education.

PEPI (Physical Education Public Inforamtion) is here to assist you with radio spots, public service announcements, black and white photographs for your local newspaper, and complete step by step procedures and guidelines for organizing shopping center demonstrations and PTO programs. Please promote your programs and all other physical education programs. For assistance: Write - Roger DiBrito, Route 1, Box 67, Florence, Montana 59873 or call 273-6088.

COMING EVENTS

-March 27-28, 1981	Northwest District, Seattle
-April 13-17, 1981	National AAHPERD Convention, Boston
-May 2-4, 1981	Shooting Sports and Outdoor Education Workshop (If you think you may be interested in this one, please let me know to put you on the mailing list.)
-June 9-12, 1981	National Olympic Academy, Colorado Springs (For information, write: Bob Paul, Director, NOA V, U.S. Olympic Committee, 1750 East Boulder Street, Colorado Springs, Colorado 80909.)
-July 6-12, 1981	Elementary Outdoor Education Workshop, Dillon
-July 12-18, 1981	Secondary Outdoor Education Workshop, Dillon
-July	Rhythmic Aerobics Workshop - Eastern Montana College, Billings (Contact HPER Department, Eastern Montana College, Billings)
-October 15-17, 1981	Montana AHPERD State Convention, Camp on the Boulder, Big Timber

HEALTH PROGRAM AVAILABLE

A new health education film program called "On the Level" is now available to schools through the State Film Library. "On the Level" is a set of twelve 15-minute color films for high school students. It focuses on emotional and social growth and the interaction of emotional and physical health. Program topics are: Conflict, Family Relationships, Self-Concept, Stress, Peer Groups, Friendship, Love, Prejudice, Alone/Lonely, Accepting Feelings, Careers and Thinking. A guide for teachers that includes background information, pre- and post-viewing questions and activities, and reproducible activity sheets is available with the films. Those of you wishing to order any of the films may go through your local A-V coordinator or for more information contact Deb Carlson, Library/Media Consultant, Office of Public Instruction, 1-800-332-3402 or 449-2438.

PHYSICAL FITNESS PROGRAMS AVAILABLE

A three part film series for grades 7-9, "Fit to be You" will be added to the State Film Library in February. This series was produced specifically for use in grades 7-9. The films deal with: Muscles, Heart-Lungs and Flexibility and Body Composition. They may be used in any sequence and are not dependent on each other. The films supplement each other in giving a complete coverage on physical fitness concepts for the age group. These

films were produced by Walt Disney Educational Media Company in association with the President's Council on Physical Fitness and Sports. Those of you wishing to order films, contact your local A-V coordinator or Library/Media Consultant, Office of Public Instruction, 1-800-332-3402 or 449-2438.

FITNESS AWARD

The Presidential Physical Fitness Award Program, established in 1966, honors boys and girls who demonstrate exceptional physical achievement. It is designed: (1) to motivate boys and girls to develop and maintain a high level of physical fitness; (2) to encourage good testing programs in schools and communities; (3) to stimulate improvement of health and physical education programs; and (4) to provide additional information on the physical condition of America's youth. The basis for the Presidential Physical Fitness Award is the AAHPERD Youth Fitness Test. Instructions for administering the test, as well as national norms, are contained in the revised 1976 edition of the AAHPERD Youth Fitness Test Manual, available at $3.00 from AAHPERD, 1900 Association Drive, Reston, VA., 22091.

The Amateur Athletic Union (AAU) in cooperation with Nabisco, Inc., has developed a physical fitness program for youth. A test booklet and awards for participation are available free of charge. Test items cover muscular endurance, circulo-respiratory endurance, speed, agility, power and coordination. Norms are provided for students from 6-17 years old. For further information or a free copy of the test booklet, write or call Spencer Sartorius, Office of Public Instruction, Helena, 59601, 1-800-332-3402 or write AAU Physical Fitness Program, AAU House, 3400 West 86th Street, Indianapolis, IND., 46268.

OUTDOOR EDUCATION...IT'S HERE!

Visiting a Montana school today may be a vastly different experience than it was only a few years ago. You may see classes outside studying the environment, or a class shooting shotguns, or a group canoeing and doing water studies, or students doing a wide variety of activities in the out-of-doors. Part of this transition from the traditional confines of the classroom to the "outdoor classroom" has been the result of a cooperative effort by the Montana Department of Fish, Wildlife and Parks and the Office of Public Instruction. Much has been said about the "Back To The Basics" push of today. Few would argue that the basic communication and computational skills are needed, but what could possibly be more "basic" than the understanding of the inter-relationship of all living things and between man and his environment? Outdoor Education is not a separate discipline but can be a part of every subject area and many times can make that subject more meaningful, fun and exciting to the student.

For the past four years both agencies have been jointly providing teacher training workshops for Montana teachers in Outdoor Education. To date, over 200 teachers have attended one or more of these workshops, representing schools from all parts of the state, both elementary and secondary. The cooperative effort has proved very effective in getting programs implemented in schools. This past summer, 100 teachers attended one of two workshops given in the Pioneer Mountains nort of Dillon. Each session ran for seven days with college credit offered through Western Montana College. The purpose was two-fold, give teachers an Outdoor Education experience and have them pass on that experience to their students.

Also lending assistance, both financial and instructional have been national organizations like the National Rifle Association, Safari Club International Conservation Fund, U.S. Forest Service, Bureau of Land Management and National Park Service. The initial thrust provided by these organizations has led to the development of a local cadre of instructions - people who believe in the values of Outdoor Education and who are willing to donate both time and effort to teacher training.

The program content has been varied. It includes everything from environmental education to the shooting sports and hunter education, from orienteering to hot air ballooning, from edible plants to geology, from canoeing to plant taxonomy. The varied program allows teachers to select areas that could be implemented in their particular school with their particular setting and flexibility. Teachers have found that there is something for everyone in Outdoor Education, and that Outdoor Education can be worked into every curriculum area. Not only does Outdoor Education fit into the traditional curriculum areas, but it provides more on a personal level. It gives people time to reflect on their lives. It lets them set directions for themselves. It provides an emotional and spiritual experience truly special. It gives an inner peace, hard to find in our hurry-up world.

For too many years we have not put our greatest natural resources to use. Montana, one of the most beautiful, majestic states in the country offers unending recreational opporunity. Now, with renewed pressure for lumber, coal, oil and water development, we must give our youth the background to be able to make the decisions they must face. What is the ultimate goal of Outdoor Education? The wise use of our great state so that succeeding generations may know and experience the beautiful, unspoiled land we call Montana.